



USCCA Dry-Fire

**Safe Handling and
Marksmanship**

USCCA

®

Key Topics Covered in This Lesson

- 1.Objectives of Dry-Fire
- 2.Dry-Fire Safety
- 3.Training Aids
- 4.Using Dry-Fire to Learn and Practice Marksmanship Fundamentals
- 5.Transitioning from Dry-Fire to Live-Fire

Objectives of Teaching Dry-Fire

- ☐ Integrate a hands-on experience of the CCHDF POI
- ☐ Minimize any potential anxiety for students who have never shot a handgun
- ☐ Mitigate the risk of students carrying out ineffective and/or unsafe habits from a previous experience
- ☐ Prepare the students mentally, physically and emotionally to safely and effectively complete the shooting qualification

*The hands-on portion must be executed after all the CCHDF lessons have been presented. This will allow the students to concentrate on what is being said during the presentation and give them sufficient time to register what was taught.

Dry-Fire Safety

In addition to adhering to the Universal Safety Rules, the following dry-fire safety rules will be strictly followed:

- ❑ Eliminate distractions and ensure everyone is fresh and alert.
- ❑ Remove all ammunition from firearms, magazines and classroom, **and secure any ammunition in a separate room.**
- ❑ Visually and physically inspect each firearm, magazine, range bag and person (via pat-down) and have an assistant instructor verify that there are no live rounds in the room after the inspection. (At no time should a pat-down be performed on someone of the opposite sex.)
- ❑ Secure the classroom; nobody enters or exits after ammo has been cleared until training is completed.
- ❑ Access and handle firearms ONLY under the direct supervision of the lead instructor and/or a formally designated assistant instructor.

Safe Direction

❓ Designate and mark a “downrange” area for the dry-fire portion. This area should face a reinforced wall (such as a cinder block wall, if possible) where nobody is present behind it.

❓ Firearms will be pointed only in the direction clearly marked and designated as “downrange.”

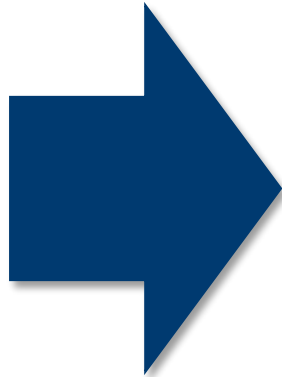


Maintaining Safety

- ❓ Any interruptions (such as a break or an unforeseen disruption) will be cause to restart the safety protocol prior to continuing dry-fire training.
- ❓ In cases where focus falls below 100 percent due to fatigue, halt the dry-fire experience, take a break and restart the safety protocol before completing the dry-fire training.
- ❓ When dry-fire training is completed, secure all firearms in cases and range bags. Then move to the break area before entering the range and securing ammunition.

Transitioning From Dry-Fire to Live-Fire

- Be sure to wait 20-30 minutes BEFORE moving to live-fire training on the range.
- This allows everyone's minds to transition to "real gun, real ammo" mode.



Training Aids for Dry-Fire

- ☐ Handguns
- ☐ BarrelBlok
- ☐ SIRT Pistols
- ☐ Snap Caps
- ☐ Dimes/Washers
- ☐ USCCA Targets



Familiarity of Fit and Function

Students should be provided with an opportunity to see, hold and manipulate the handguns and perform such actions as pressing the trigger, racking the slide and locking the slide to the rear on a semi-automatic and pressing the trigger, rotating the cylinder, opening the cylinder and pressing the ejector rod on a revolver.

A BarrelBlok visually indicates that there is no ammunition in the chamber. The MagBlok inserts prevent the slide from locking back automatically when the slide is cycled.



Loading and Unloading

Utilizing snap caps (or "dummy rounds"), students should get good repetitions loading and unloading a semi-automatic handgun and a revolver.



Simulating Malfunctions

□ Dry-fire training enables instructors and students to safely work through simulated malfunctions.

□ With snap caps inserted into their firearms, students can practice “Tap, Rack, Roll” to simulate clearing a malfunction.

□ For this, each student will press the trigger, recognize the malfunction, tap the magazine to be sure it is seated properly, and then rack the slide while rolling the firearm slightly to the side to eject a snap cap (as if it were a bad round).

□ Note that if someone has a malfunction on the live-fire range, the student will keep the firearm pointed downrange (and make sure that his or her finger is off the trigger) while raising his or her support hand to get the attention of an instructor. (The instructor can then secure the handgun and correct the malfunction or assist the student with the procedure on how to clear the malfunction.)

Five fundamentals of Marksmanship



Stance

Students must demonstrate balance and stability.

❓ Feet should be approximately shoulder-width apart.

❓ Knees should be slightly flexed so that the weight is over the balls of the feet (naturally relaxed while feeling athletically neutral).

❓ Hips and shoulders should be level and square, oriented toward the target.

❓ Arms should be fully extended toward the target so that the arms and chest form an isosceles triangle.

A NATURAL AND NEUTRAL SHOOTING PLATFORM

SHOULDERS AND HIPS
Shoulders and hips are squared to the target.

ARMS
Both arms are at full extension, forming a perfect isosceles triangle.

FLEXED AT THE WAIST
The upper body is flexed forward at the waist, placing the shoulders above the knees or toes (not the hips).

KNEES BENT
The body's center of gravity is lowered, and the knees are bent.

FEET
Feet are shoulder-width apart and are squared to the target.



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Grip: Suggested Steps

1. Place your strong-side hand high onto the grip, with the web between your thumb and index finger jammed into the tang.
2. Keep your thumb up for now.
3. Wrap your fingers around the front of the grip, with your trigger finger remaining outside of the trigger guard and indexing along the slide.
4. Note the space between the base of your thumb and the tips of your fingers. Place the base of your support-hand thumb into this space.
5. Wrap your support hand over your strong hand.
6. Extend your support-hand thumb forward along the frame.
7. Rest your strong-side thumb on top of your support-side thumb.
8. While everyone's body is different, for many people, this style of grip will result in the thumbs being pointed toward the target.
9. Grip the handgun with firm pressure.

Grip

Students must demonstrate that they have complete control over their handguns and that —with proper grip —they can accomplish the following three things:

- ❑ Orient the muzzle toward the target (while liningup sights)
- ❑ Maintain control of the firearm from shot to shot
- ❑ Provide resistance for the action on semi-automatics to operate correctly

Sight Alignment

Students must demonstrate proper sight alignment by explaining the relationship between the front and rear sights ("equal light and equal height") while aiming a SIRT pistol or yellow gun at a safely designated dry-fire target.

Potentially useful training aids include:

- ☐ Images or posters of correct and incorrect sight alignment
- ☐ Sight mock-ups/models showing the position of the front sight in between the rear sights
- ☐ A student using his or her thumb on one hand and two fingers of the other hand to mimic notch-and-post or front-and-rear sights



TrainingSights makes a variety of useful aids for teaching sight alignment and sight picture.

Sight Picture

Students must demonstrate that they understand proper sight picture (front-sight focus) by explaining how to reference their aligned sights with the target while aiming a SIRT pistol or yellow gun at a safely designated dry-fire target.



Trigger Control

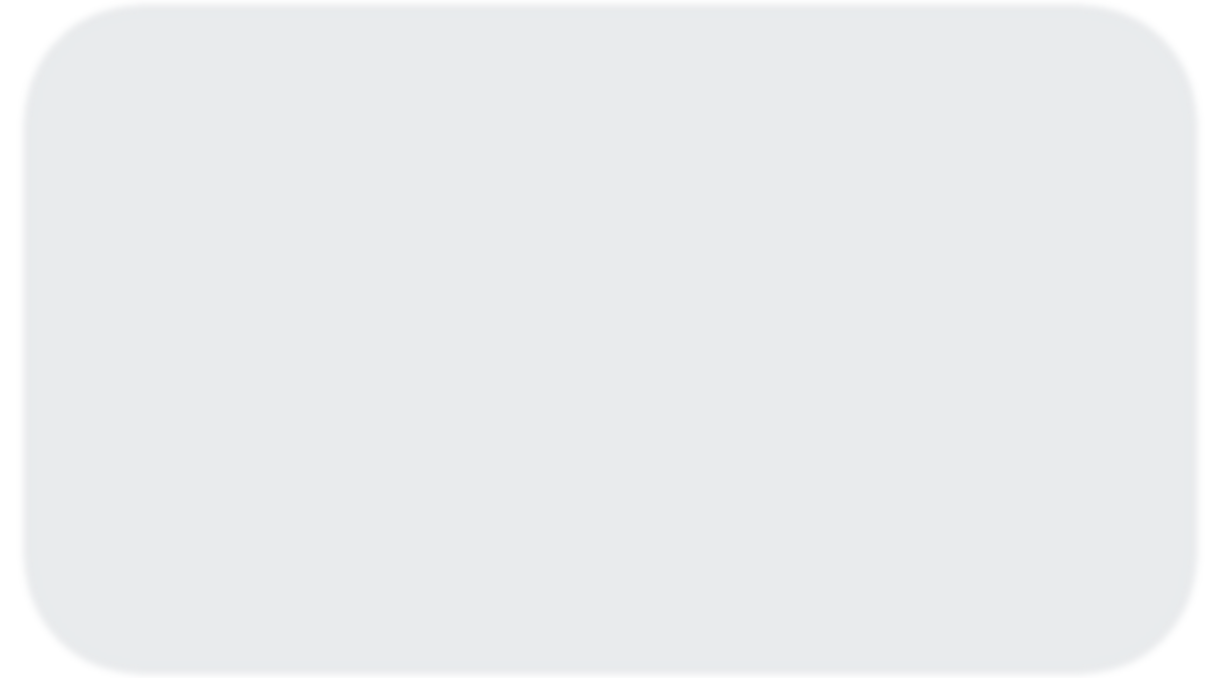
Students must demonstrate that they understand how to properly press a trigger without moving the sights off target.

❑ Using a SIRT pistol, work toward achieving controlled “dots” on the target with the laser rather than “dashes” of light.

❑ Using a firearm with a BarrelBlok, work on the “Wall Drill.”

❑ “Wall Drill” video:
<https://www.youtube.com/watch?v=c9FZUkbSF1A>

❑ Using a firearm with a BarrelBlok, work on the “Dime/Washer Drill.”



Video: Using a SIRT Pistol to Diagnose Trigger Control

Breathing

Students must demonstrate that they understand how breathing can affect *precision* shooting.

- ❓ Using a SIRT pistol or a firearm with a BarrelBlok, execute a few repetitions on the Exhale/Pause/Press technique and a few repetitions on the Inhale/Pause/Press technique.
- ❓ Students must execute a smooth and fluid trigger press timed appropriately using either the Exhale/Pause or the Inhale/Pause breathing technique. The trigger is pressed when the sights are on target with proper sight alignment and proper sight picture.

Follow-Through

Students must demonstrate that they understand how to follow through when shooting a handgun.

- ❑ Using a SIRT pistol or a firearm with a BarrelBlok, have each student execute a dry-fire shot. When the trigger is pressed, the instructor simulates the recoil by hitting the SIRT pistol or racking the slide on the BarrelBlok pistol so that it is knocked off target as it would be if a live shot were fired.
- ❑ Each student must execute during this dry-fire simulation a smooth and fluid aim (sight alignment and sight picture), breath control, trigger control (press and reset) and re-aim (sights back on target after recoil). Make sure to reinforce and repeat the process.

Break

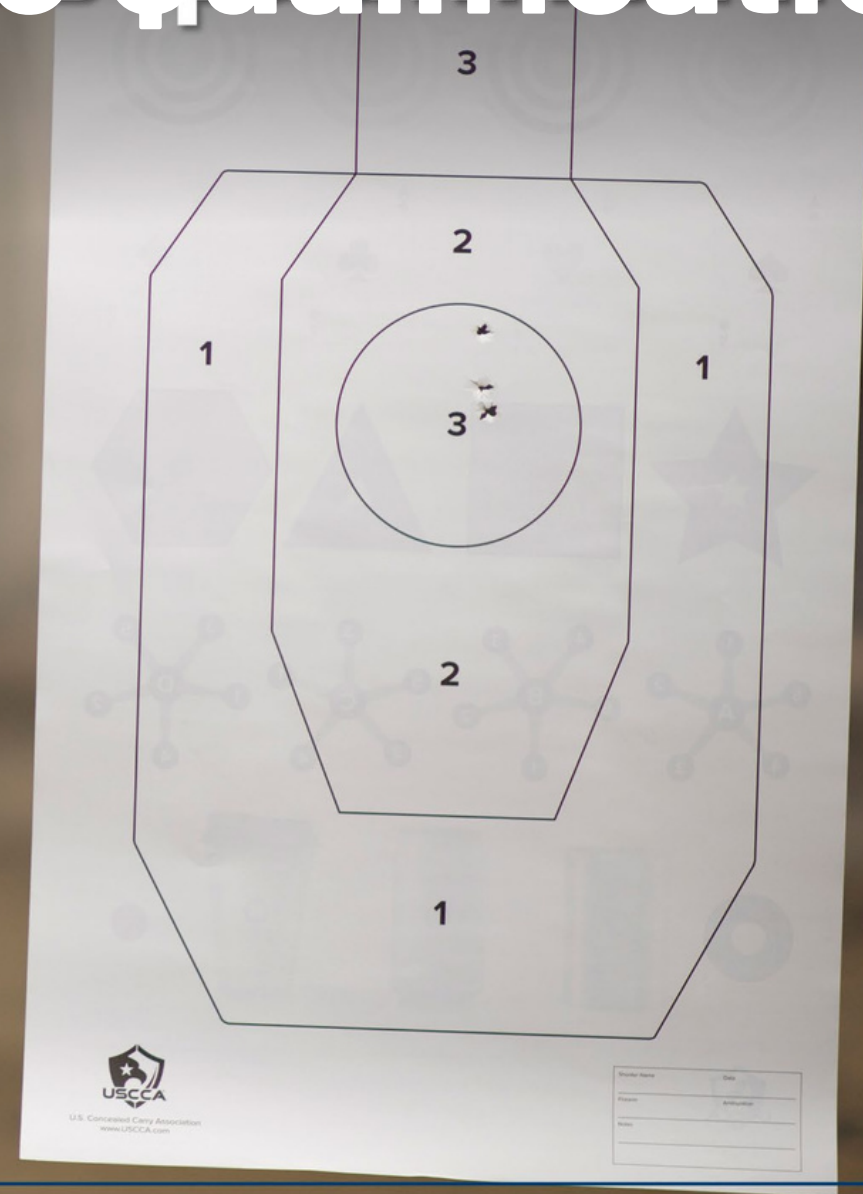
Wait 20-30 minutes BEFORE moving to conduct live-fire training on the range.

❓ This allows everyone's minds to transition to "real gun, real ammo" mode.

❓ While waiting, navigate your students through your state's concealed carry application process to answer any questions they might have so they leave the class, paperwork in hand, ready to submit for processing.

❓ When on the range, have the students repeat "live gun, live ammo" at least five times. This will help the students to be consciously aware of proper live-fire range safety protocol.

Live Fire Qualification



Course of Fire

The USCCA uses the following course of fire:

❑ Fifty rounds total, untimed, with distance and round counts as follows:

- ❑ 4 yards: 15 rounds
- ❑ 7 yards: 15 rounds
- ❑ 10 yards: 10 rounds
- ❑ 15 yards: 10 rounds

❑ Must score 70 percent, which is at least 35 hits inside the center-circle / high-center-chest (7-inch diameter) on the USCCA Target.

Instructors and ranges must comply with the requirements set out by their states and counties. Make sure that you know *and* follow the live-fire requirements in your area.

Rationale

The logic behind the design of the USCCA shooting qualification is:

- It meets –and, in some instances, *exceeds* –the qualification standards that are set in *most* states and counties where a shooting qualification is a requirement.
- It demonstrates that the student has an understanding of the seven fundamentals of handgun marksmanship.

Questions?

